

PIMA COUNTY, ARIZONA
ANNUAL REPORT

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HOME DEMONSTRATION AGENT

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to
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OUTLOOK

Pima County homemakers selected for 1953 projects as listed below. The selection was made at a planning meeting, September, 1952. Homemakers were asked ahead of time to express their needs and how they wanted to satisfy those needs. After due consideration, the projects chosen were thought to be of greatest help to the greatest number of women and their families.

January	Cooking with pressure sauce pan Spring council	Adult
	4-H Club officers training meeting	4-H Club
February	Meat Cookery	Adult
	Leader's training meeting - foods Judging foods	4-H Club
March	Short cuts in clothing construction	Adult
	Leader's training meeting - setting up a 4-H Fair National 4-H Club Week	4-H Club
April	A phase of money management	Adult
	4-H Club Fair 4-H Club Party	4-H Club
May	Another phase of money management National Home Demonstration Week Spring Luncheon	Adult
	4-H Club achievement days Summer enrollments	4-H Club
June	The home freezer (special interest) Canning (special interest)	Adult
	Leader's training meeting - room improvement State Roundup	4-H Club
July	Vacation time	

OUTLOOK (continued)

August	Optional for homemakers	Adult
	4-H Club Conference	4-H Club
	Leader's training conference	
September	Hard jobs made easier	Adult
	Fall council - planning meeting	
	Summer achievement	4-H Club
	Fall enrollments	
October	Christmas ideas	Adult
	County Fair	
	(Otherwise optional)	
	County Fair	4-H Club
	Leader's training meeting - food	
	preparation, 1st and 2nd	
	Leader's training meeting - officers	
	training	
November	Mending	Adult
	Achievement day	
	Leader's training meeting - clothing	4-H Club
	Leader's training meeting -	
	advanced foods	
December	Community service	Adult
	Community service	4-H Club

ORGANIZATION AND PLANNING

Council Meetings

Each spring and each fall homemakers join their officers in a council to help formulate a program to be used as a guide during the year. At the spring council officers are elected. Immediate problems are discussed and plans made to solve them.

Last spring the immediate problem was to give help to the newly established Children's Colony near Coolidge. At a pre-council meeting it was decided to have Mr. and Mrs. J. Thomas McIntire, director of the colony, to meet with us and give first hand information and needs of the children at the colony.

Rather than crowd the officer's training program into the spring council meeting, we planned separate meetings. Officers ~~came~~ together, one particular group at a time, and had two hours of instruction relating to their work. An account of two of the meetings are given here.

Training meeting - reporters

Ten reporters representing 10 clubs met to discuss problems in reporting to the local papers the activities of their clubs. It was found that problems common to all were:

1. Lack of promptness in getting the news to papers.
2. The two local papers edit the stories sent to them.
3. In a county where the program is county wide, the clubs meeting late in the month are generally ignored entirely.

We tried to solve these problems by suggesting possible solutions to be tried during the year. To show how varied an event is described, the reporters witnessed a simple demonstration showing how to make topping with dried milk. Each wrote her version of what she saw. There were ten reporters so there were ten stories, all different. The stories were read and checked for accuracy, brevity and clarity of reporting. Mrs. O. P. Kladja, whose daughter is a reporter, wrote one sufficiently clear that a reader could make the topping without more directions. It was a good device to show why some stories are not printed if they do not tell

Organization and Planning (continued)

Council Meetings (continued)

what happened.

Newspaper articles regarding homemakers clubs showed improvement. We got coverage that was not solicited.

Training meeting - secretaries

Ten secretaries representing ten clubs met at a luncheon to formulate a plan to use during 1952. After discussing their duties and responsibilities, we decided a good secretary:

1. Realizes the importance of her job.
2. Keeps good records.
3. Keeps the county home demonstration agent informed with prompt reports of the club meetings telling where the meeting was held, what was done, how many were there and any unusual thing that happened which might be of interest.
4. Place of the next meeting and what will be done there.
5. If the secretary is also the treasurer, she keeps accurate records of the finances.

There was marked improvement in promptness and quality of reporting in 1952.

The Pima County Council met September 30 to make plans for 1952. Seventy homemakers were present representing all organized clubs in the county. The Country Club Park group was represented also.

Members of the Government Heights club presented a skit regarding grocery buying. The skit was borrowed from Miss Maryetta Shoupe, Cochise County.

The business of the meeting started during the morning with a discussion of problems at hand. Three groups were organized and homemakers selected the projects they want for 1953. The projects selected show an interest in three phases of homemaking.

Food preparation involved the correct use of the pressure saucepan. It seems that many of them are afraid of using them.

Organization and Planning (continued)

Council Meetings (continued)

Meat cookery, always interesting, was the choice of the largest number of the women. Other food problems included breadmaking and cake decorating.

The question of money, how we spend it and how we save it, was of great interest. It was decided to study several phases of money management next year.

There was interest shown in learning how to make hard jobs easier. Many homemakers had the problem of how to buy furniture.

The educational feature of the council meeting was a demonstration given by Mrs. Mildred Elliott, Director of Public Health Visiting Nurses. There was no limit to the ideas regarding home nursing and how to devise sick room aids from ordinary objects. Dr. Esther Closser of the County and City Public Health Service made an appeal for funds with which to buy calcium. This calcium is given to needy expendant mothers who are patients at the public clinic. The Council voted to give \$25.00 to this cause.

Committees were appointed to make plans for the achievement program and the nominating committee was appointed to select two slates of officers. Election takes place in January. The year book committee is made up of one member from each club.

New Extension Clubs

Mrs. K. Y. Appleyard, president of the Council, met with and helped organize a group of homemakers in the Country Club Manor. Her report of the meeting was interesting in the fact that with 12 mothers present there were 22 children. These women will need a baby sitter, to be sure. This is the one new extension club organized in the county during 1952.

There has been more work done with two groups of the Church of Latter Day Saints. These two groups worship in the same church. They have requested help in solving their problems in laundry, ironing, blanket washing, cleaning sewing machines and upholstering. Several joined the demonstration project where coats and suits were made.

Organization and Planning (continued)

New Extension Clubs (continued)

The Catalina Junior Womans Club asked to be included in the leader's training meetings. The leaders have participated in four projects -- blanket washing, Christmas treats from the kitchen, food for health and tailoring.

HOUSE AND FURNISHINGS

Slipcovers

The making of slipcovers dominated the interest of a segment of the membership of homemakers clubs. A special interest project, only those women who planned new covers for their chairs attended the meetings. Twenty-one homemakers enrolled in this project. Miss Grace Ryan, Extension Home Management Specialist, showed us how to slip cover chairs in three demonstrations with work time between demonstrations.

At the first meeting Miss Ryan discussed the suitable fabrics for certain types of chairs. She showed samples of fabrics. This was followed by methods of measuring chairs and methods used in cutting the patterns before cutting into the fabric. During the meeting Miss Ryan showed the homemakers how to make proper seams for certain types of chairs. The women were assigned to cut out the pattern and fit it to the chair. Cut out the fabric and baste it for the final fitting.

Miss Ryan did not attend the last demonstration. Seven slipcovers were entirely completed. We worked on inside seams making them more durable. On some of them we sewed zig-zag along the edge, other seams were stitched together while others were pinked. The covers are nice looking. The agent visited Mrs. Jo Robson who has completed two modern decorator chairs. They are slipped in chartreuse pebble weave fabric, tailored with inverted box pleats at the corners.

Mrs. Edward Tilton and Mrs. Mary Winsted repaired the springs in the seat cushions before making the slipcover. We took time off to show how this is done. Mrs. Tilton's reconstructed cushion is very well done.

Mrs. Demas did a very fine job on her Monterey chair. It was less difficult than some of the others because the wood arms were taken off. The unfinished ends of the slipcovers were hidden under the wood arms.

Homemakers seem to like the five piece method of making slipcovers. No one used the method in its entirety but the idea prompted some to use parts of it. Using the dowel has become very popular. Mrs. Wm. Castro used it in two of her chairs and Mrs. Jo Robson is also using the dowels. This

House and Furnishings (continued)

Slipcovers (continued)

is a very satisfactory demonstration. It is a difficult one and one where we get a few dropping out because they begin to have a changed viewpoint about making slipcovers. Some realize that they do not have the skills while others discover they do not have the time. We lost several because of the two difficulties.

Slipcovers were made throughout the rest of the year. Each of the original number completing the project helped others in their respective clubs. There was one exception, members of the Cactus Wrens Club indicated that they had no need for the information this time.

Number of homemakers completing the project	17
Number of slipcovers made	51
Number of leaders who helped others	15
Number of slipcovers made by others	<u>53</u>

Total number made 136

Size of covers range from seat covers of dining room chairs to covers for large davenports and studio couches.

Fabrics used ranged from Indian head and plastics to more expensive materials.

The easiest chair to be covered, other than dining chairs, was a mission type where the awkward ends were hidden under the removable arms. Mrs. Leonia Demas made it, as well as four others. The most difficult was a barrel back pleated. Mrs. Ed. Tilton made that one. Mrs. Tilton slip covered her couch and another chair. These four pieces after they were covered, were the last part of a decorating scheme started in 1951 with the projects "Color in the Home" and Drapery Making."

Mrs. Jo Robson also completed the refurnishing program started in 1950 when she covered two chairs and a foot stool to match. It is difficult to include information regarding the many interesting things homemakers do with improved practices they learn from the special interest projects.

House and Furnishings (continued)

Lamp Shades, Draperies, etc.

Making lamp shades was a project included in the 1951 program. It is no secret that as many, if not more, were made in 1952 than in 1951. Homemakers have extended this program by organizing small neighborhood groups of not more than 6 or 7 homemakers. The local leaders organize the meeting and give the instructions. The local extension furnishes the mimeographed instruction sheets and helps with special problems when they exist. The nature of this project is such that a new member of a homemakers club is likely to ask the agent if she knows that there are women in the county who are giving instructions for making lamp shades.

Typical reports of such activities follows:

"Members of three clubs, Cactus Wrens, Ft. Lowell and Sagebrush, and Mrs. Curtis of Jaynes Station, who represents the one L.D.S. group in Tucson, met with Mrs. Kenneth Harold to make lampshades. Three of the women had attended the training demonstrations. They helped the others with their problems. Ten shades were started during the day. They ranged from a small boudoir lamp shade to a large floor lamp. These shades were finished at home. Leaders helping at this meeting were Mrs. Kenneth Harold, Mrs. Grace Guegold and Mrs. Edna Watson.

The Government Heights homemakers have had a series of small group meetings for the purpose of making shades. Mrs. Leonia Demas has assumed the responsibility of this project. Seven lamp shades were made. The paper used at both meetings was water color. The shades were covered with cloth."

Number of shades made in 1952	137
Most made by one person	7
Number of homes where wiring was improved	9
all over the house 1952 (safety practice)	
Number of lamps rewired	52
Number of pairs of draperies made 1952	88
Pieces of furniture refinished - Tables	18
Chairs	18
Number of chairs upholstered	44
Number of cushions repaired and recovered	78
Aluminum trays made	348
Demonstrations and instructions given by local leaders.	

HOME MANAGEMENT

Rescue Your Blankets

Local leaders picked up the phrase "Chemistry of Soap" from the demonstration given by Miss Grace Ryan, Extension Home Management Specialist. The phrase soon became the title of demonstrations which predeeded the one regarding the care of blankets. It's possible that the title did not actually fit the demonstration, but if it helped the leaders and others interested in the subject matter attract attention to the project, then the title was useful in serving its purpose.

At the leaders training meeting Miss Ryan displayed two blankets. The condition of the blankets before and after proper care was quite distinct. The un-washed blanket was grey-white, matted and shrunk. We were told it had been 72" by 90" originally but it measured 69" by 86". The reconditioned blanket had not been brushed as yet. It was a natural white rather than grey-white. There was a nice springy fluffiness to the nap and it was clean. The reconditioning process did not restore its entire width and length. We can not expect that to happen but by comparison we found that the width stretched $2\frac{1}{2}$ inches and the length 3 inches.

The project leaders saw exactly what to expect in their work with the club members. They are convinced that the method will really work if done correctly. These leaders watched Miss Ryan prepare the bath of the soiled blanket. She explained temperatures of water, the affects of detergents, both synthetic and otherwise, on hard water and the important role of a good softener in hard water. Miss Ryan explained why it is not necessary to agitate the blankets in the water bath. The machine used at the training meeting is a spin drier. It removed more water from the blanket than did the wringers of the other machine. The blanket was stretched by leaders and hung on two parallel lines to dry in the sun.

While the blanket was drying in the sun Miss Ryan continued the training meeting which included such important items as testing water for hardness, learning about wetting agents and their value to the homemaker who launders her own clothes. These two factors and the discussion of them were the two most important things studied. Another important item was the consideration given to detergents, both synthetic and natural soaps.

Home Management (continued)

Rescue Your Blankets (continued)

The most dramatic feature and one that impressed homemakers was demonstrated in "stripping" clothes. Stripping clothes is the process of removing all traces of old soap and curds left in clothing by improper washing. Improper washing need not indicate carelessness on the part of the homemaker but does imply that because of water conditions the wrong detergent has been used. In the stripping test Miss Ryan took a napkin presumably clean and properly rinsed. The napkin was plunged into warm water containing a softener without the addition of a detergent. After shaking the bottle for awhile, there was suds in abundance. The leaders were amazed. Again these leaders were convinced of better methods in washing clothes. The homemakers began calling this phase of the demonstration "chemistry of soap" and they were delighted with the information.

In presenting the demonstration showing how to rescue and care for blankets, Miss Ryan showed the leaders how to test water for hardness and what to do to correct that condition. It was simple. The leaders liked it because it was vital, especially in Tucson where water is hard. They did not have to take anyone else's word for it. They could see for themselves. Do you know what happened? Each leader became a "missionary" for sound laundry principles. Every now and then the agent gets a note from an eager leader saying send me mimeographed material on care of blankets. I'm having a blanket party at my house. There are women in the neighborhood who have seen the demonstration. We have received requests from California, Utah and Illinois.

These local leaders had no idea that by using soft luke warm water blankets could be washed or rescued by simply resting in the prepared bath with no agitation. They saw it happen at the L.T.M. and they are practicing it. One doubting leader came to the agent with her doubts. After a little convincing talk the agent made her promise she would do it as she was taught when she demonstrated to others. Her own blankets she could treat as she liked.

It is hard to determine exactly how many blankets have been rescued and how many have been washed correctly. There were 20 local leaders at the L.T.M., two leaders from each club. The demonstration was given by each leader to from 4 to 11 women. Some have demonstrated three or four times. The greatest number of blankets washed by an homemaker was 25. The least number was 2. The number of blankets

Home Management (continued)

Rescue Your Blankets (continued)

having been rescued or washed as reported was 869. More than 150 homemakers participated in this project.

Another important result from this project was learning how to strip clothes by using the type of softener which loosens all the old "curds" allowing them to float away. The clothes are left bright and soft. Directions for doing this is given on the package of several popular water softeners.

Homemakers soon learned that the method of washing wool blankets could be used to wash wool clothes. So far they have used it to wash wool sweaters, children's garments, men's trousers, women's skirts, wool comforts and other articles made of wool and containing no other fabrics such as linings or interfacings.

This type of demonstration is all-inclusive by nature because nearly all households have wool blankets. It has a tendency to make homemakers method conscious as Mrs. Edna Watson expresses it "The greatest thing I have learned in Homemakers is to use new methods and not think by own were best. I believe I use something I have learned in Homemakers club every day."

Home Management (continued)

Ironing a Shirt

Ironing Demonstration - Ironing a shirt was the subject of demonstrations given at all clubs in the county. The agent gave this demonstration. It was the means of visiting each club and making the visit count.

The Proctor Electric Company provides a color film showing short cut methods in ironing with emphasis on shirts. This film was used to give homemakers a preview to the planned demonstration.

What we aimed to accomplish in giving this demonstration:

1. To help make homemakers aware of better methods of doing important home tasks.
2. To encourage homemakers to be willing to try proven methods that are time and energy saving.
3. To practice some of the methods, thereby, see for themselves.
4. To prepare the way for other improved methods in other projects for the future.
5. To introduce the health factor into a laundry demonstration.
6. Pick up short cuts developed by homemakers with regard to laundrying.

Preparations made for this demonstration included getting the film "Ironing Can Be Easy" from Proctor Electric Company. Having no man of her own, the agent borrowed shirts from Mrs. G. Blackledge and Mrs. Edward Frazelle. She practiced ironing fifteen shirts for about three weeks in advance and she ran the picture three times to get each important detail. Soon the method was well established mentally and manually. It was also necessary to learn how to run the movie machine. (Carrying it and lifting it were the most difficult tasks with regard to the projector since the heavier part weighed 45 pounds and the lighter part weighed 35 pounds and I weigh 110 pounds.

What was done at the meetings - The homemakers saw the picture first. Immediately following the picture they were asked to tell what they had learned from the methods shown. The discussion period was found to be most valuable because of the problems revealed during its course.

Dampening Clothes - There were in each group those who dampened clothes the night before, with no particular method

Home Management (continued)

Ironing a Shirt (continued)

of folding or sorting. Any number told of wrapping the clothes in tight bundles, as tight as possible. Strangely enough after seeing the practical method of sprinkling and folding as shown in the picture, they proceeded to convince themselves that a loose fold is much better because no wrinkles are created by the rolling. (The shirt was ready to be ironed after being dampened 40 to 50 minutes as it was done at the meetings.) The women dampen their clothes too much. They wear themselves out ironing the clothes dry and wear out the clothes ironing them dry. A few women put their dry clothes in plastic bags with no definite plan of folding or preparing the pieces of clothes, and then pour into the bag a cup of warm water, the bag being stored in the refrigerator. In three instances mildew was reported. One mildewed shirt was ironed at the Sunnyside demonstration. Instructions were given for removing the mildew from the clothes and from the bag also. The bags are all right if used properly. The women decided they could sprinkle and organize their clothes and store them in the plastic bags, being careful to prevent the mildew.

Organizing the Clothes for Ironing - It was found that many women are already organizing their clothes according to fabrics, ironing pieces requiring the lowest temperatures first and progressing to those requiring the hottest temperatures. Those who do not, discovered new methods on saving time and electricity. They liked the idea.

Method of Ironing and Equipment - We tried to encourage sitting down to iron the family wash. There was some resistance in making the change from standing to sitting. We tried to break down this resistance by calling attention to the comfort of sitting down. Comfort was the keyword. The adjustable board, of course, is built for comfort without a doubt, but the standard board can be used to advantage if a stool is used which provides the comfort of sitting as if writing or eating. This was illustrated over and over again. The sitting position suggested the health feature. It was called the health feature. We talked about the injuries done to the body by long standing. Women spoke of the various things they do to overcome the fatigue because of long standing. Here are some of the remedies. One woman bought herself two foam pads, another takes off her shoes, another stands on a rug. Very few thought of sitting down to iron and when they did, they found it impossible because the board

Home Management (continued)

Ironing a Shirt (continued)

was much too high for the conventional chair. The agent demonstrated how easy it is to sit in a comfortable chair, lower the board to a comfortable height and then iron with no muscle strain at the shoulder or back of neck. The feet are flat on the floor or in some other comfortable position. A high stool does the same for the conventional board. One of the nicest features of the demonstration was the workshop feature with the homemakers and not the agent doing the practice ironing. The agent created the atmosphere for comfortable ironing. The women slipped into the chair and completed the job, forgetting they had declared earlier that they could not iron clothes while sitting. (The agent got a "kick" out of these incidents. The managed to get the one woman to sit down to iron who had proclaimed the loudest that she could not do it.)

While this project was labeled "A Simple Way to Iron a Shirt" which suggests work simplification, we did not do any counting of strokes to compare methods. It is hoped the homemakers did their own mental calculations in that regard. The reason for not doing so is that such procedure is time consuming, and it is wrong to assume that homemakers want to work on an experiment. They might be tempted to walk out on the demonstration. It was "sugar-coated" but the agent has a feeling the aims of the demonstration were accomplished and that results are forthcoming.

Homemakers reported results of their ability of cutting down time in their ironing. Mrs. Ed. Tilton has cut down to five minutes per shirt with her husband timing her. He was fascinated by it. She stated that they two hours of necessary misery required to iron the shirts vanished. She could hardly wait to tell her mother-in-law about it. Her in-laws come to Pima County for the winter each year. Mrs. G. F. Freeman, with three men in the family, cut the time down to six minutes. One homemaker, whose daughter earns spending money ironing clothes for a neighbor, told the agent her daughter felt cheated. It seems that she taught the daughter the easy way to sprinkle and iron shirts. The daughter can now do in sixty-five minutes what she has been doing in eighty-five and she works by the hour.

The Wide Ironing Board - The agent carried with her the wide ironing board made according to directions given in Bulletin #629. It is clumsy to carry but worthwhile because

Home Management (continued)

Ironing a Shirt (continued)

of its usefulness in ironing not only shirts but household linens as well. At our demonstrations we ironed first on the regulation collapsable board which in itself is somewhat wider than a standard conventional ironing board. This was followed by ironing on the wide board which was placed over the other. The women observed its many conveniences. (This particular board has been used as a table at many county events and training meetings. Despite its clumsiness it is a joy to have.)

Reports from homemakers show that the greatest number of shirts that can be ironed per hour is 11 and the lowest number is 5. Only one person gave that figure. The average number which can be ironed is 8 shirts per hour.

The most beneficial result from the health angle is the fact that homemakers are not standing while ironing the family wash. Some have purchased new adjustable ironing boards while others have learned to use the kitchen stool with the non-adjustable boards.

The cord minder helped women manage the ironing without having the cord come in contact with the ironed area of the article being ironed. We found that minders may be purchased for as low as 39 cents and as high as \$1.98. The 39 cent one does as well as the \$1.98 one.

An electric outlet attached to the ironing board, old or new, and a cord to connect the board itself to the wall outlet gives the iron cord more play through the cord minder and out of the way for better ironing.

More than 275 homemakers participated in this project.

FOOD PRESERVATION

Freezing

Each summer Pima County homemakers come together for demonstrations showing how to prepare food for the home freezer. The demonstration meeting was held in the foods laboratory at the Tucson Vocational High School in July. Sixty-nine homemakers and one man attended. The man is a retired army officer who wanted to know more about home freezers before he made the expenditure. His wife was with him.

The objectives of such a meeting are threefold: To help inexperienced homemakers learn how to prepare foods for the freezer. To show experienced homemakers new methods or ideas in food preparation.

To accomplish this, the demonstration meeting was divided into two parts. During the morning session we learned how to prepare and package fruits, vegetables, meat and poultry. Methods used are those described in the U.S.D.A. bulletins which are available. Where the bulletins were not available, the methods used were taken from other reliable sources.

Foods prepared and packaged for storage in the order mentioned were string beans, corn, Zucchini squash, apricots, peaches, strawberries, steaks and chicken. The basic principles were reviewed thoroughly. We tried to stress good packaging methods and materials. We also stressed the necessity of packaging so that moisture remains in the air tight package. How to exclude air from packages was not overlooked.

Foods prepared beforehand between May 25 and June 25 were:

<u>Foods Prepared</u>	<u>When Eaten</u>	<u>Results</u>
1. Chicken-noodle casserole	September October	Good - like fresh
2. Chicken-rice soup	October	Good - like fresh
3. Boned chicken	December	Good - like fresh
4. Fried chicken (cooked)	December	Off flavor due to flour
5. Beef stew & roast beef	September November	Good - like freshly cooked meat
6. Mashed potatoes	September	Good - milk added & reheated in double boiler

Food Preservation (continued)

Freezing (continued)

<u>Foods Prepared</u>	<u>When Eaten</u>	<u>Results</u>
7. Chopped beef (cooked)	September October November December	Good - used in many different ways. Handy because of versatility
8. Mush (ready to be thawed, sliced and fried)	November	Not important in itself except that it is good to have on hand without bothering
9. Corn muffins	September October	Good - seemed more tender
10. Blueberry muffins	September October	Good - like fresh
11. Rolls, fancy	September October	Good - like fresh
12. Rolls, hard	September October	Good - like fresh
13. Fancy sandwich bread	October November	Very convenient
14. Pinto beans, ready to be thawed and used in many ways	Still in the freezer	
15. Baked beans	September	Very good - like fresh
16. Lentils to be thawed and prepared to family food pattern	Still in the freezer	
17. Whipped cream in "blobs" (good use of left over cream)	September October November December Still in the freezer	Very convenient
18. Cream cheese & fruit salad (cottage cheese, dried milk)	September October November Still in the freezer	Very convenient
19. Almondado (Mexican dessert)	September November Still in the freezer	Very convenient
20. Ice cream	A natural for freezer	

Food Preservation (continued)

Freezing (continued)

<u>Foods Prepared</u>	<u>When Eaten</u>	<u>Results</u>
21. Chocolate eclairs	November	Good - but in thawing the chocolate topping breaks down and the cream filling oozes out
22. Layer cake (iced and uniced)	Iced one October Uniced was iced & served in December	Good - like fresh Good - like fresh
23. Fruit pies (baked and unbaked)	Unbaked one baked & served in October Baked - still in freezer	Good - but bottom crust stuck to pie pan, other- wise OK
24. Pizza (dough ready to be thawed & covered with cheese & sauce)	Still in freezer	
25. Fancy ice and tea cubes	October	
26. Lemon slices for tea or drinks	October Still in freezer	Good - takes little space, convenient fancy dessert
27. Parfait pie (strawberry)	September December	Good - convenient
28. Mock raviola casserole	September October November	Very worthwhile - more delicious than fresh

It is hoped that the variety of foods prepared will help to encourage homemakers to prepare for more than one meal at a time and store the surplus to save time and energy. "Leftovers" do not exist in a home where there is a home freezer. "Planned overs" for future meals can well replace "leftovers" that are shunned by the family. Where special diets need to be prepared, one meal portions may be conveniently stored to cut down preparation time.

How to use the freezer to advantage for the homemaker was a major factor in the demonstration. To illustrate this, the agent had prepared beforehand many different foods and packaged them for the homemakers to see. Recipes were not

Food Preservation (continued)

Freezing (continued)

important because home freezers may be used without disturbing the family food pattern. They were cautioned to use less seasoning because flavors tend to develop in air tight containers.

Women complain that frozen foods require many kitchen utensils and pans. We tried to show how to store casserole dishes without the casserole. The food was baked and cooled, then frozen hard. It was thawed only enough to turn the hard brick onto moisture-vapor proof paper or heavy freezer foil. It was then wrapped, labelled and placed in a stock-inette or some other protective wrapper. The casserole dish can then be used over and over again. This is true of soup and broth also.

Observations made before, during and after the demonstration:

1. Several women present had purchased freezers with pounds of food included. Two women remarked that the food was all gone. They were at a loss to replenish without another major expenditure.
2. Several women stated that freezers represented places to store only quantities of meat and game. They were at a loss for other foods.
3. Some women reported they like to experiment with foods and found that the freezer was indispensable in the new scheme of preparing and storing food. They have more time to do other things because they could thaw already prepared meals. They found it easier to get the Sunday dinner, guest meals and party foods. Mrs. Arch Fee, wife of Dr. Fee, says "take anything in my home you like but leave me my freezer."
4. Some learned short cuts in preparing foods. The corn board was found useful in cutting corn off the cob as well as for shredding cabbage, etc. The vegetable bin (plastic) with cutting slots cuts the time of preparing string beans and other vegetables. The food may be cut in uniform pieces. Homemakers like to learn new methods. Some women present have attended similar demonstrations three times before. These came for new ideas and to see new packaging materials.

Food Preservation (continued)

Freezing (continued)

5. After the demonstration the retired army officer remarked that his problem was not, should be buy a freezer, but how large a one.

We are indebted to the Tucson Vocational High School for the use of the room, to Sears Roebuck for the use of a chest type freezer and to Don Means for the use of a cabinet or upright freezer. All of the packaging materials were donated by Sears Roebuck and Company.

Questions and problems regarding freezing are always with us. Telephone calls come almost daily regarding some phase of freezing. These questions concern themselves with what size, what make and type of freezer to buy. Add to the list, one with a food plan or without.

Questions and problems regarding freezing have been with us and will be with us for a long time in the future. There are more freezers on the market. There are salesmen trying to sell those freezers. There are customers wondering which one to buy. Shall it be a chest type or a cabinet, with a food supply of without. Shall it be from a chain store or an independent dealer.

Men think in terms of large quantity and long time storage. They are more susceptible to buying them after hunting or fishing trips or at weak moments when retail prices of meat seem unbearable. Then, it's either change to horse meat or buy a freezer.

Regardless of conditions or situations, we have freezers and problems and there will be 1953 in which to try and solve some of them.

NUTRITION AND FOOD PREPARATION

When programs were planned in 1951 for 1952, there appeared on the list a project called "Food For Old People". We discussed this topic with local leaders and homemakers. The project resolved itself into something more than food for old people.

It was decided that since we all grow old sooner or later, why not learn about food now. We can do something about it. With that in mind, Mrs. Elsie Morris, Extension Nutritionist, and the agent talked it over and Mrs. Morris developed material for a demonstration for leaders training. The subject matter was timely and informative. Twenty-three local leaders attended the meeting.

The purpose of the meeting was to stimulate interest in food as insurance to good health. We called the demonstration "Food, An Insurance Policy to Good Health". Four important phases were developed and discussed.

1. Food and weight control through good eating habits.
2. Some knowledge of food and its value to body growth and repair.
3. Protein foods and their importance to good health and weight control.
4. Preparation of protein foods other than meat and legumes.

Mrs. Elsie Morris, state nutritionist, conducted the training meeting. She started out by having each person weigh and measure herself and then compare the measurements with measurements compiled scientifically. It established among the women common factors relating to their body weights. This being a very personal thing, they showed interest by asking many questions regarding food and caloric values. Seventy-five percent of the leaders watched their intake of food and reported loss of weight ranging from 3 to 5 pounds in four weeks and from 7 to 10 pounds in two months time. Mrs. Ann Sylvester and Mrs. Hannah Lundberg have each lost 10 pounds.

The meeting was successful because it was personal. All the homemakers present were interested in their own health and the health of their families. It was successful also because the information given was in simple understandable nutrition language. The homemakers were enthusiastic about the information. Reports of meetings held in their respective clubs indicate enthusiasm among the club members.

Nutrition and Food Preparation (continued)

Mrs. Joe Hansen, leader from the Ft. Lowell group, has given the information and demonstration to her own club and to two other clubs. More than 240 homemakers have received direct benefit of this program during the last two months of the year.

Nutrition and Food Preparation (continued)

Eating for Good Health

MENU

Cheese Omelet Eggs Piquante
Blueberry Whole-Wheat Muffins Butter
Caesar Salad
Cocoa with Whipped Topping Coffee or Tea
Ambrosia

WORKING UNIT I
FLUFFY CHEESE OMELET

Grocery List

4 eggs, separated
 $\frac{1}{2}$ teaspoon salt
dash of pepper
 $\frac{1}{4}$ cup water
1 tablespoon butter
parsley
 $\frac{1}{4}$ cup grated cheese

Utensils

2 mixing bowls
1 egg beater
measuring spoons
measuring cups
grater
spatula
9" skillet
serving platter
mixing spoon

Recipe
Fluffy Cheese Omelet

Yield: 6 servings

Time: 30 minutes
Temperature: 350°F.

1. Beat egg yolks until thick and lemon-colored.
2. Add seasonings and liquid.
3. Fold into egg whites which have been beaten still but not dry.
4. Turn into buttered, hot 9-inch frying or omelet pan and cook over low heat 3 to 5 minutes, or until omelet puffs up and is browned on bottom. (Test by raising edge of omelet with spatula.)
5. Place in moderate oven (350°F.) 5 to 10 minutes, or until top springs back when pressed with fingers. Cut about 1-inch incisions at opposite sides and crease down through center in line with cuts.
6. Fold carefully on crease by slipping spatula under half of omelet to fold over. Slip onto hot platter and garnish with parsley.

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

WORKING UNIT II
EGGS PIQUANTE

Grocery List

4 tablespoons butter or substitute
4 tablespoons flour
2 cups milk
1 teaspoon salt
1/16 teaspoon pepper
1/4 teaspoon herbs (marjoran, savory,
thyme, basil or a combination)
6 hard-cooked eggs, quartered
1 tablespoon chopped chives or parsley
1 tablespoon chopped pimento
1/2 cup bread crumbs

Utensils

1 - 4 qt. saucepan
measuring cups
measuring spoons
1 qt. casserole
serving spoon
mixing spoon
spatula

Recipe
Eggs Piquante

Yield: 4 to 6 servings

Time: 20 minutes
Temperature: 350°F.

1. Melt butter.
2. Add flour and blend.
3. Add milk gradually and cook until thickened, stirring constantly.
4. Add seasonings.
5. Place eggs in a greased baking dish.
6. Pour sauce over them.
7. Sprinkle with chives or parsley, pimento and crumbs.
8. Bake in moderate oven, 350°F. for 20 minutes or until brown.

WORKING UNIT III
BLUEBERRY WHOLE-WHEAT MUFFINS

Grocery List

1 cup enriched flour
1 1/4 cups whole-wheat flour
3 tablespoons sugar
1 1/4 teaspoons salt

Utensils

1 flour sifter
1 piece paper
1 set measuring cups
1 spatula

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

Grocery List

2 $\frac{1}{2}$ teaspoons baking powder
1 egg, beaten
4 tablespoons melted fat or oil
1 $\frac{1}{4}$ cups milk
1 $\frac{1}{4}$ cups skim milk powder
1 cup blueberries

Utensils

1 glass measuring cup
1 egg beater and bowl
1 mixing bowl
1 wooden spoon
1 pan in which to melt fat
1 muffin pan to hold 12 muffins

Recipe
Blueberry Whole-Wheat Muffins

Yield: 12 muffins

Time: 20 minutes

Temperature: 400°F.

1. Have all ingredients at room temperature.
2. Combine the milk, beaten eggs and fat; beat the mixture with an egg beater until it is well blended.
3. Sift both the enriched and whole-wheat flours. Any coarse material left in the sifter should be combined with the sifted flour.
4. Measure both kinds of flour, sugar, salt and baking powder, sift all together twice to be sure the ingredients are well mixed.
5. Combine the dry and liquid ingredients, stirring sixteen strokes or less. The mixture should not be smooth.
6. Pour the batter into muffin tins with only bottoms greased.
7. Bake at 375°F. about 25 minutes.

(Note: Sour milk or buttermilk may be used in the above recipe by adding $\frac{1}{2}$ teaspoon of soda to the dry ingredients and using only 1 $\frac{1}{2}$ teaspoons of baking powder.)

WORKING UNIT IV
CAESAR SALAD

Grocery List

1 garlic
salad oil

Utensils

1 cutting board
2 paring knives

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

Grocery List

heel of bread
wine vinegar
salt
black pepper
dry mustard
Worcestershire sauce (optional)
 $\frac{1}{2}$ lemon
Parmesan or Roquefort cheese
1 egg
Romaine

Utensils

1 bowl
1 rotary beater
1 glass jar with lid
1 large salad bowl
serving spoon and
fork
croutons - cookie
sheet

Recipe
Caesar Salad

1. Make garlic oil by soaking 2 or 3 cloves garlic cut up in salad oil. Mellow for one week.
2. To make dressing, take equal parts of garlic oil, salad oil, and vinegar.
3. Add $\frac{1}{2}$ teaspoon mustard, a few drops of Worcestershire, lemon juice and cheese to taste. Blend well.
4. Break a one minute egg into dressing. Shake. Chill.
5. Strain.
6. While dressing is chilling, shred romaine.
7. Cut romaine into little squares, dip squares in garlic oil. Brown in oven.
8. Sprinkle cheese liberally on Romaine.
9. Just before serving, pour dressing over romaine and cheese in bowl. Toss thoroughly. Drop croutons into bowl, toss in lightly and serve before croutons get soggy.

(Note: Recipe for Caesar Salad adapted from the recipe by Mrs. W. E. Williams, Circle Bar Ranch, Benson, Arizona. "Roundup Recipes", page 160 - Bonnie and Ed Peplow.)

WORKING UNIT V
COCOA

Grocery List

Cocoa
dry skim milk
sugar
vanilla

Utensils

1 large saucepan
(2 quarts)
 $\frac{1}{4}$ measuring cup
1 mixing spoon
1 rotary beater

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

Recipe
Cocoa

Yield: 10 servings

$\frac{1}{4}$ to $\frac{1}{2}$ cup of cocoa	1 cup water
$\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar	2 quarts milk or
$\frac{1}{4}$ teaspoon salt	2 cups skim milk powder
	$\frac{1}{2}$ teaspoon vanilla, optional

1. In the top part of a double-boiler put the cocoa, sugar, salt and water. Mix.
2. Cook the cocoa directly over the heat. When the mixture reaches the boiling point, turn the heat down. Boil gently for 5 minutes.
3. Add the milk, either cold or heated.
4. Place the upper part of the double-boiler in the lower part. Let the mixture cook for at least 20 minutes.
5. Just before serving, beat the mixture with a rotary egg beater so as to break into bits the scum that forms on top of the beverage. Do not throw this scum away. It contains nourishing substances.
6. If you wish chocolate, substitute for cocoa one ounce (one square) of chocolate. Cut it into bits. Cook as for cocoa except that the mixture must be stirred constantly when it is directly over the heat.

WORKING UNIT VI
WHIPPED TOPPING

Grocery List (all refrigerated)

$\frac{1}{2}$ cup dry skim milk powder
1 lemon
vanilla
2 tablespoons of sugar
 $\frac{1}{2}$ cup water

Utensils

1 rotary beater
1 bowl
1 measuring cup
1 set measuring
spoons
1 bowl scraper

Recipe
Whipped Topping

Yield: About $2\frac{1}{2}$ cups

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

$\frac{1}{2}$ cup water	2 tablespoons sugar
1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{2}$ cup non-fat milk powder	

1. Put water and lemon juice into a bowl and add the dry skim milk powder.
2. Beat with a rotary beater until stiff. Beat in sugar and vanilla. Chill and use as you would use whipped cream.

WORKING UNIT VII
AMBROSIA

Grocery List

4 bananas
4 oranges
1 fresh cocoanut or 1 package
shredded cocoanut

Utensils

2 sharp paring
knives
1 fork
1 grater
1 small bowl
1 large serving
dish
1 serving spoon

Recipe
Ambrosia

Yield: 6 servings

1. Section oranges
2. Peel bananas, score with fork, and cut slices on diagonal.
3. Chill mixture.
4. Top with cocoanut just before serving.

Miscellaneous items needed:

paper bags
scotch tape
paper towels

soap
dishcloth
towels

Nutrition and Food Preparation (continued)

Eating for Good Health (continued)

Local leaders have enjoyed giving this demonstration to other homemakers. There has been a demand for food charts of caloric value of foods. It is a natural outgrowth of such a program. Weight reduction takes time. We must leave for the future a real check on the value of this project. Homemakers are more weight conscious. They seem to automatically start talking about it to the agent. Some of them were puzzled at the contradictions of the health lesson of October and the holiday treats of November and December.

Nutrition and Food Preparation (continued)

Holiday Treats from the Kitchen

Holiday treats from the kitchen was the title of the nutrition and food preparation demonstration for November. All organized clubs and 2 groups representing wards of the Church of Christ and Latter Day Saints were represented with local leaders. We were fortunate to have been invited to the home of Mrs. Rulon Goodman (L.D.S.). Fortunate because she had a large home with plenty of space to allow 27 leaders to work and prepare the candies and cookies on schedule for the day.

"Holiday Treats from the Kitchen" made one of the finest nutrition meetings experienced by the agent. Mrs. Elsie Morris, Extension Nutritionist, must have worked very hard to get ready for the meeting. The selection of recipes was good and acceptable to all the leaders. Just for the record, copies of the recipes will be included in this report.

Christmas treats are generally rich in content. These were no exception, but Mrs. Morris explained the food value of each variety of candy or cookie and compared it to other sweets. There seemed to have been a reason for each ingredient and she explained how it would help nourish the tissues of the body. There were two especially helpful to certain necessary daily processes of the body. Reference is being made to the fruit roll and apricot candy. Both can be eaten to advantage with "no unpleasant after taste".

What was done - There were 27 leaders present. Mrs. Rulon Goodman invited us to have the meeting in her large home. Mrs. Morris assigned one recipe to two leaders of different clubs. Some of the treats are uncooked which helped the oven situation. Preparations had been made to have ingredients and equipment grouped for economy of time. As each treat was done it was displayed on a large table. By 2:30 the table was "loaded down" with beautiful and inviting dainty treats. The homemakers were delighted with their handiwork. Some of the candies needed ripening or more time for a more perfect product.

Later, each club was given a small box containing samples of the treat. Club members had a preview of what the treats looked like. There was not enough for good sampling.

Leaders helped finance the training meeting. It was

Nutrition and Food Preparation (continued)

Holiday Treats from the Kitchen (continued)

expensive but well worthwhile because of the valuable information regarding health and dental care and less expensive than commercially made candy. Mimeographed copies were run off 3 times for a total of 650 copies.

The care of the teeth is closely related to the foods we eat. Such candies and cookies made from the recipes given contain more of the things we need, such as fruit, powdered milk and cereals, and less of other ingredients. Mrs. Morris explained carefully the benefit of the important statistics regarding the condition of children's teeth in Arizona.

Sixty-three versatile homemakers made and gave 221 gifts from the kitchen during 1952. No wonder they wanted to learn how to make Christmas treats from the kitchen.

One out of three homemakers enrolled in the extension clubs make bread and rolls on the average of once per week.

One out of three homemakers enrolled in the extension clubs reported as follows:

"I tried to serve my family each day: green or yellow vegetables, another vegetable or fruit, whole grain cereal, tomato or citrus fruit, meat, poultry or fish, milk (dried milk) or milk products and an egg a day."

The above information was a questionnaire included in their year book. There was a place to indicate "yes" or "no". "No" was written after "an egg a day" only a few times.

The health angle of this project was presented at the regular club meetings. The treats were made at special workshops for that purpose. The Ft. Lowell Homemakers had two workshops.

This project received unsolicited publicity in the Arizona Daily Star. The articles were featured in the Sunday paper. Pictures of local leaders holding platters of the treats were accompanied by the recipes and the food value of the treats.

LAYER COOKIES

Grocery List

1/2 lb. butter
 1-1/4 cup flour or enriched flour
 2 eggs
 1 lb. brown sugar (yellow)
 1/2 teaspoon salt
 1/4 teaspoon baking powder
 1/2 lb. shredded coconut (dry)
 1/2 lb. shelled walnut meats
 1 teaspoon vanilla or almond
 1 lb. confectioner's sugar
 1 orange
 1 lemon

Utensils

2 measuring cups
 1 flour sifter
 waxed paper
 3 mixing bowls
 1 egg beater
 1 set measuring spoons
 1 bowl scraper
 several cups or small bowls
 1 pan - 9 x 12 or 8 x 11 in.
 1 towel
 2 trays

Yield: 3 dozen bars

Time: 15 and 20 minutes

Temperature: 375°F.

PART I:

1/2 cup butter
 1 cup flour

1. Blend thoroughly and pat into thin layer in a 9 x 12 or 8 x 11 inch pan.
2. Bake until a light brown 12 or 15 minutes at 375°F.

PART II:

1-1/2 cups brown sugar	1/2 teaspoon salt
2 eggs, well beaten	1/2 cup coconut
2 tablespoons flour	1 cup walnuts
1/4 teaspoon baking powder	1 teaspoon vanilla or almond

1. Add beaten eggs and vanilla to the sugar and beat.
2. Sift flour, salt and baking powder, and to this add the nuts and coconut.
3. Combine the two mixtures. Spread this on the baked layer and bake 20 minutes at 375°F.

PART III: Icing for Layer Cookies

1-1/2 cups confectioner's sugar	2 tablespoons orange juice
2 tablespoons butter	1 tablespoon lemon juice

1. Mix ingredients and spread on cookie.
2. Cut in small squares to serve.

CORN FLAKE BURBS

Grocery List

1/2 lb. sweet or semi-sweet chocolate
2-1/2 cups corn flakes

Utensils

1 double boiler
1 spoon
1 bowl scraper
waxed paper

Yield: 38 candies - 1 inch in diameter

1. Melt chocolate over hot water and work corn flakes into it.
2. Drop by teaspoonfuls onto buttered baking sheet or waxed paper.
Set in a cool place to harden.

FRUIT LOGS

Grocery List

1 lb. dates
1/2 lb. figs
1/4 lb. coconut
1 cup dried apricots
1 tablespoonful orange juice
1 teaspoon orange rind
1/2 cup nut meats

Utensils

waxed paper
1 food grinder

Yield: 4 dozen pieces

1. Grind dates, figs, apricots, coconut, and nuts through the food grinder.
2. Knead in the orange juice and rind.
3. Divide and form into rolls about 1-1/2 inches in diameter. Wrap in paper; place in refrigerator to ripen.
4. Cut in slices 1/4 inch thick and decorate with crystallized apple.

LITTLE CHRISTMAS COOKIES

Grocery List

1/2 cup shortening
1 cup powdered sugar
4 eggs well beaten
1 cup pastry or cake flour
1/2 cup candied fruit cut in pieces
1 teaspoon vanilla
1 teaspoon baking powder
1/4 teaspoon salt

Utensils

1 set measuring cups
1 set measuring spoons
1 egg beater and bowl
1 flour sifter
1 piece paper
1 mixing bowl
1 mixing spoon
24 paper candy cups

Yield: 2 dozen?

Temperature: 350°F. Time: 20 to 30 minutes

1. Cream shortening. Add sugar gradually and well beaten eggs. Beat thoroughly.
2. Sift together flour and baking powder. Sift over fruit and mix well.
3. Add to creamed mixture. Add vanilla.
4. Fill small fluted candy cups 1/3 full. Place on baking sheet. Bake 20 to 30 minutes in a 350°F. oven. Do not crowd paper cups.
5. Cool and ice with various colored frostings.

APRICOT CANDY

Grocery List

2 tablespoonfuls gelatine (2 envelopes)
 1/2 cup cold water
 2 cups cooked dried apricots sieved
 1/2 teaspoon salt
 1 cup sugar
 1 tablespoonful lemon juice
 nut meats

Utensils

1 small pan
 1 set measuring spoons
 1 bowl
 1 set measuring cups
 1 sieve or food mill
 1 sauce pan
 1 wooden spoon
 1 teaspoon
 1 pyrex dish - 9 x 12
 waxed paper

Yield: about 40 pieces

Time: 25 to 30 minutes

1. Wash and cook dried apricots. Cool. Force through sieve.
2. Pour 1/2 cup cold water in bowl. Sprinkle gelatine on top. Allow to stand 15 minutes.
3. Dissolve over boiling water.
4. Add sieved apricots, sugar, salt and lemon juice. Cook on low heat for 25 minutes until mixture is very thick.
5. Cool slightly. Pour in pan 9 x 12 inches or drop by teaspoon on waxed paper and place a nut meat on each piece. When set roll in granulated sugar.
6. Allow confection if in sheet form to dry. Remove from pan to allow bottom to dry. Cut in squares.
7. Apricot squares may be dipped in chocolate to make a delectable confection.

UNCOOKED FRUIT SQUARES

Grocery List

3 doz. graham crackers
 1/2 lb. dates
 1/2 lb. marshmallows
 1 cup chopped nuts
 1 cup evaporated milk

Utensils

1 pan 8 x 10
 1 Foley mill
 1 paring knife
 1 nut chopper
 1 can opener
 1 bowl
 1 spoon
 1 measuring cup

1. Crumb the crackers very fine and reserve 1/2 cup.
2. To the rest add the dates, pitted and sliced, marshmallows cut in pieces, and the nuts. Add milk and mix thoroughly.
3. Sprinkle the bottom of a shallow baking dish with some of the reserved crumbs. Press the mixture into the pan and cover with the rest of the crumbs.
4. Chill in the refrigerator and cut in squares.

SCOTCH TOFFEE

Grocery List

5 tablespoons shortening, melted
 2 cups quick oats
 1/4 cup corn sirup
 3/4 cup brown sugar
 1/2 teaspoon salt
 1-1/2 teaspoons vanilla
 1 cup semi-sweet chocolate
 1/4 cup finely chopped nuts

Utensils

1 mixing bowl
 1 mixing spoon
 1 measuring cup
 1 measuring spoon (set)
 1 pan 8 x 8 or 7 x 11
 1 small pan in which to
 melt fat
 1 bowl scraper
 1 pot holder

Yield: 3 dozen

Time: 12 minutes

Temperature: 450°F.

1. Mix the melted shortening and the oats thoroughly.
2. Add the sirup, brown sugar, salt, and vanilla. Mix all well.
3. Pack the toffee firmly into a well-greased pan, 7 x 11 x 1 inch.
4. Bake the toffee in a hot oven, 450°F.
5. Place the pan on a wire rack to cool completely. Loosen the edges, turn the pan over and strike it firmly until the candy is loosened.
6. Melt the chocolate over hot water slowly; spread it on the candy. Sprinkle the top with chopped nuts. Chill the candy in the refrigerator until the chocolate hardens.
7. Cut the toffee in small squares.

CHOCOLATE FUDGE

Grocery List

1 can condensed milk
 1 cake German sweet chocolate
 4 squares baking chocolate
 1 cup nut meats

Utensils

1 can opener
 1 measuring cup
 1 double boiler
 1 mixing spoon
 1 plate or platter (buttered)

1. Put in top of double boiler and blend.
2. Add cup of nut meats, pour on buttered plate and let set several hours. May be used rolled in balls, then in chocolate sprills, coconut or chopped nuts.

CHRISTMAS ROLL

Grocery List

1-1/2 cups granulated sugar
3 tablespoonfuls butter
1/2 cup water
1/16 teaspoon cream of tartar
1/4 cup chopped nuts
1/4 cup chopped dates
1/4 cup raisins
1/2 cup candied fruits
1/4 cup chopped figs
1 tablespoonful honey
cinnamon drops
angelica - 1 stick

Utensils

1 set measuring cups
1 set measuring spoons
1 sauce pan
1 mixing spoon
1 knife
1 candy thermometer
1 liquid measuring cup
1 cutting board
1 knife or food chopper

Temperature: Soft ball stage - 236 to 238°F.

1. Boil together, stirring frequently, to soft ball stage - 236 to 238°F.
2. Remove from fire and stir in 1/4 cup each of chopped nut meats, dates, candied cherries or pineapple, raisins, or figs; also one tablespoon of honey.
3. Turn candy out on a flat surface and knead until soft and pliable.
4. Form into a roll, ripen, then cut in 1/2" slices. Decorate each slice with tiny red candies and holly leaves cut from angelica.

SPICED NUTS

Grocery List

1 cup sugar
3/4 teaspoon salt
1 teaspoon cinnamon
1 lb. shelled nuts (walnuts, almonds,
pecans or peanuts)
1/2 cup water
1 teaspoon vanilla

Utensils

1 set measuring cups
1 set measuring spoons
1 skillet
1 mixing spoon
1 plate or platter (buttered)
2 forks
1 candy thermometer
1 can container for candy

Temperature: 238°F. - Soft ball stage

1. Combine all ingredients except nuts. Simmer on surface in flat bottom pan (skillet) about 4 minutes, until syrup spins a small thread. Be careful, do not overcook. Remove from range and quickly add the nuts.
2. Stir thoroughly and quickly until syrup crystallizes.
3. Turn out onto a butter plate and gently separate nuts, using two forks. Keep in covered can.

CANDIED GRAPEFRUIT

Grocery List

1 lb. granulated sugar
1 lb. peel
1 cup water

Utensils

1 paring knife
1 grapefruit knife
1 sauce pan
1 liquid measuring cup
1 platter or rack
1 covered jar
1 kitchen scales

1. Cut grapefruit in halves and remove fruit. Peel may be left in halves or cut in strips.
2. Boil in 5 to 7 changes of water to get rid of bitterness. When peel is thoroughly cooked and tender make syrup. 1 lb sugar, 1 lb. peel and 1 cup water.
3. Cook peel in syrup until white spots form and product is clear. Place skin side down on platter or rack to dry. Takes several days. While still warm, product may be rolled in granulated sugar. Store in covered jar.

CRYSTALLIZED CANDY APPLES

Grocery List

6 cups granulated sugar
6 cooking apples
3 cups water
red and green vegetable coloring

Utensils

1 set measuring cups
1 liquid measuring cup
1 mixing bowl
2 sauce pans (broad base)
1 paring knife
1 mixing spoon
waxed paper
1 slotted spoon

Yield: Approximately 6 dozen crystals

1. Combine sugar and water and stir until dissolved.
2. Divide this syrup equally, placing in 2 sauce pans. Then add desired amount of red coloring (flavor with oil of cinnamon) and desired amount of green coloring (flavor with oil of peppermint) to the other.
3. Meanwhile, pare, quarter and core apples. Cut each quarter into even slices.
4. Cook half the slices gently in red syrup until transparent and the other half in the green syrup until transparent, turning occasionally.
5. Then remove them from syrup, arrange on waxed paper and allow to stand 24 hours in a cool dry place.
6. Next roll them in granulated sugar; roll them twice again at intervals of 24 hours. After the third rolling in sugar, allow crystals to stand until they are so dry that no moisture exudes from them. Keep in a cool dry place. This recipe makes approximately 6 dozen crystals.

BISHOP'S CAKE

Grocery List

1 egg
1/3 cup sugar
1/3 cup sifted flour
1/8 teaspoon salt
1/4 teaspoon baking powder
1/3 cup chocolate chips
2/3 cup chopped nuts
1/3 cup chopped dates
1/3 cup chopped candied cherries

Utensils

1 set measuring spoons
1 set measuring cups
1 egg beater
1 mixing bowl
1 flour sifter
1 mixing spoon
1 pan 7 x 7 x 1 inches
1 cutting board
1 knife

Yield: 1-1/2 dozen bars

Time: 20 minutes

Temperature: 375°F.

1. Beat the egg until light. Add the sugar gradually and continue beating until the mixture is fluffy.
2. Sift together the flour, salt and baking powder; add the chocolate chips, nuts and fruit to the flour.
3. Fold the flour mixture into the egg and sugar.
4. Pour the batter into a greased pan, 7 x 7 x 1 inches, and bake in a moderately hot oven, 375°F., for 20 minutes.
5. Cool and cut into bars.

COCONUT COOKIES

Grocery List

1 cup sweetened condensed milk
1 teaspoon flavoring
4 cups shredded coconut
1/8 teaspoon salt

Utensils

1 can opener
1 measuring spoon (set)
1 grater
1 mixing bowl
1 mixing spoon
1 cookie sheet
1 spatula

Yield: 3 dozen

Time: 10 minutes

Temperature: 350°F.

1. Mix the ingredients, drop by teaspoon on buttered baking sheet.
2. Place a piece of candied cherry on top of each cookie.
3. Bake in moderate oven 350°F. about 10 minutes or until light brown.

MILK HONEY FONDANT

Grocery List

1/2 cup dried skimmilk
1/2 cup honey
1 tablespoon butter

Utensils

1 set measuring cups
1 set measuring spoons
1 mixing bowl
1 mixing spoon

1. Mix together and let stand for a week to ripen. Use to stuff dates or prunes, or roll balls of it in chopped nuts.

PUMPKINETTES (From American Molasses Company)

Grocery List

2/3 cup molasses
2/3 cup crunchy peanut butter
1-1/4 cups nonfat dry milk
yellow granulated sugar
cloves (whole)

Utensils

1 set measuring cups
1 case knife
1 mixing spoon
1 mixing bowl
1 large plate
waxed paper

Yield: 40 Pumpkinettes

1. Thoroughly mix molasses and peanut butter in a bowl.
2. Gradually add nonfat dry milk, working it in well.
3. Shape like miniature pumpkins, 1-1/2 inches in diameter. Roll each in yellow sugar; form creases down sides with back of knife to resemble creases in pumpkins. Stick a clove in top of each for stem. If the mixture is too soft to shape nicely, chill about 30 minutes.

MARZIPAN

Almond Paste

Grocery List

1/2 lb. blanched almonds
1 cup sugar
3/4 cup water
confectioner's sugar

Utensils

1 food chopper - fine grinde:
1 sauce pan to blanch
1 candy thermometer
1 pastry board

Yield: 60 bite size pieces

Temperature: Thread stage
240°F.

1. Grind blanched almonds through the finest grinder 3 or 4 times until very fine.

2. Cook sugar and water just past the thread stage (240°F.)
3. Add ground almonds and stir until thoroughly blended.
4. Turn out on molding board or cookie sheet dusted with confectioner's sugar to cool.
5. Knead until smooth. Pack in tightly covered tins and store in cool, dry place to ripen about 1 week.

MARZIPAN PASTE

Grocery List

1 egg white
1 cup almond paste
3 cups confectioner's sugar

Utensils

1 egg beater and bowl
1 pastry board

1. Beat egg white until fluffy.
2. Gradually work in almond paste.
3. Add confectioner's sugar, kneading until the past is easy to handle.
4. Add lemon juice if paste becomes too stiff.
5. Form in rolls.

Marzipan may be shaped as bon-bons and dipped in melted chocolate or used for stuffing in dates or prunes.

Marzipan may be colored with vegetable dyes, and shaped into miniature fruits. Dry for 3 hours and then glaze.

GLAZE FOR MARZIPAN

Grocery List

1/2 cup sugar
1/2 cup light corn syrup
3/4 cup water
colored granulated sugars

Utensils

1 sauce pan
1 mixing spoon
1 candy thermometer
1 paint brush

Time: For boiling - 2 minutes

Temperature: 220°F.

1. Combine all ingredients and boil for about 2 minutes to 220°F.
2. Apply with a paint brush. Allow glaze to set.
3. Roll in colored sugar as strawberry in red granulated sugar.

MISCELLANEOUS ITEMS

2 or more stoves for top of stove cooking	*oven thermometer
2 or more ovens	*kitchen scales
cookie press	*candy thermometer
paper towels	silver sprills
paper bags	cinnamon drops
scotch tape	angelica
paper bon-bon cups	dipping chocolate

CLOTHING AND TEXTILES

Slacks and Frontier Pants

Homemakers with figures not so trim and some with figures trim enough to wear slacks and frontier pants met with Miss Helen Church, Extension Clothing Specialist. These 17 women wanted to learn how to make well fitting, good looking garments.

Reasons for wanting to make slacks or pants were good. One-third of these women do some kind of outdoor work requiring frontier pants. Their figures are such, they find it difficult to find readymade garments that will fit them. Two-thirds of the women include slacks in their wardrobe all the time. All of them make most of their clothes and wanted to increase their skills in clothing construction.

The demonstration included learning

1. How to take measurements for buying patterns for slacks and frontier pants.
2. How to alter the patterns (muslin models were made).
3. How to make proper seam finishes and other finishes on such garments.
4. How to press slacks.

In altering the patterns, the women with problem figures had difficulties making them fit over the abdomen and in the region of the upper thighs. Sometimes it seemed hopeless, but the women persisted and suprisingly they came up with well fitting slacks and pants. Posture problems were obstacles in making the garment fit properly. (Some of these women have long since established reducing programs for themselves. Mrs. Ann Sylvester has lost 10 pounds since then. Three others have followed her example.) Miss Church and the agent were not aware of the health angle to slacks making.

In five clubs local leaders gave demonstrations showing how to measure and how to alter patterns. Forty women made 67 pairs of slacks and 13 pairs of shorts or pedal pushers.

Clothing and Textiles (continued)

Tailoring

For three years homemakers have been asking for another tailoring project. Miss Helen Church consented to repeat the demonstration in Pima County on a limited scale. Thirty women enrolled. Four dropped out because of unforeseen circumstances, two because of illness, and 24 completed their garments. No one was enrolled who had been part of the project before.

After the first meeting, the group was divided into two sections. At the first meeting styles, patterns and fabrics were discussed. Instructions were given for making the muslin model from the altered pattern.

At the second meeting the muslin models were fitted. Changes were made if it was necessary. Most of the alterations were made at the meeting. Instructions were given for shrinking wool fabric and for cutting out the garment. Home work consisted of sewing, basting, all the long seams and making the bound buttonholes.

The third meeting, coats were checked for accuracy of fit in the shoulders, over the bust and hips. Instructions were given for home work which consisted of putting in the interfacing and making some permanent seams.

The fourth meeting, the women received instructions for putting on collars, pockets and putting in hems in the suit coats as well as top coats. The all-important sleeves and skirt belt were not omitted from the list of instructions.

At the fifth meeting, Miss Helen Church checked the almost finished garments. She showed them how to put in the lining and sew on buttons correctly.

The garment revue is scheduled for December 15.

Twenty-four garments were made at the meetings. Five of the women started wool coats for their children. Members of extension clubs participated in the project. Three 4-H leaders were among the group.

We are indebted to the school authorities for allowing us to use the reception room for our demonstrations. Mr. R. T. Gridley, principal, Mrs. Marg Allen, secretary, Mrs. Housholder, Home Economics teacher, and the janitor were cooperative and gracious in our behalf. The janitors helped with the heavy equipment such as machines, portable tables and ironing boards.

Clothing and Textiles (continued)

Tailoring (continued)

SCORE CARD

		<u>Check</u>	
		<u>Satisfactory</u>	<u>Can Be Improved</u>
1.	Fabric		
	Does the fabric tailor as well as it should	8	2
	Will it hold press	7	3
	Is fabric suited in Design	10	
	Texture	9	1
	Color	10	
2.	Fit		
	Do sleeves hang without wrinkles	9	1
	Is armseye free from gathers	8	2
	Does sleeve pad fit and serve its purpose	7	3
	Do seam lines run straight	7	3
	Are darts directed correctly	7	1
	Are there any unbecoming wrinkles that are evidence of poor fit		2
			2 no answer
3.	Construction		
	Is machine stitching even & straight	7	2
			1 no answer
	Is thread well matched	9	1
	Hand stitching inconspicuous	6	4
	Even edge down front of coat	9	1 no answer
	Are lapels sharp, even and same size	8	2 no answer
	Buttonholes 1/4 inch in width	9	1
	Buttons correct size and shape	7	3
	Are pockets in correct position	4 only	
	Is lining put in correctly (by hand)	10	
	Is coat lining loose at bottom with French tucks	2 only	
	Does lining have unnecessary wrinkles and does it pull in any place	8	1
			1 no answer

Clothing and Textiles (continued)

Tailoring (continued)

SCORE CARD (Continued)

	<u>Check</u>	
	<u>Satisfactory</u>	<u>Can Be Improved</u>
4. Pressing		
Were seams pressed adequately during construction	9	1
Were darts pressed correctly	10	
5. Value	<u>Total</u>	<u>Average Cost</u>
If you had purchased this garments, how much would you have paid for it?	\$699.95	\$70.00
What was actual cost of garment?		
Itemize.		
Material	167.00	16.70
Buttons or other findings	29.15	2.92
Lining	<u>32.60</u>	<u>3.26</u>
Total	\$229.10	\$22.91

Clothing and Textiles (continued)

Other Garments

Dresses - 590 better dresses were reported made by homemakers. These dresses are the direct result of the "Better Dress" project of 1951. Among the garments were wedding dresses and dresses for attendants at two weddings. Mrs. G. F. Woods, Flowing Wells, and Mrs. D. F. Alexander, Government Heights, made dresses for their daughter's wedding parties. Mrs. D. F. Alexander won second prize for the wedding dress in the Citizen Sewing Contest.

The high number made by any one woman was 27. Two made 10 each. The least number reported was 1.

Tailored garments made by other homemakers	55.
Pajamas made for the male members	39 pair
Other clothes made, such as squaw dresses, skirts, blouses, aprons, etc.	324
Children's garments	157
Dress forms	8
Shirts - sports and western	159
boys	65
dress	81
Sewing machines cleaned	38
Four clubs participated	

Clothing and Textiles (continued)

Grooming

Grooming was the interest of thirty-five clothing leaders, including 4-H Club leaders, who attended a demonstration presented by Miss Helen Church, Extension Clothing Specialist. For several years there have been requests for this particular project. Up to 1951 not enough of the homemakers seemed too interested but at the planning meeting in September, 1951, grooming was the project chosen by more than 80 or 85 per cent of homemakers. They wanted information regarding how to care for hair, skin and hands. The all day demonstration was divided into three parts, the care of the skin, hair and hands. Mimeographed material was prepared for local leaders to use when they demonstrated at their respective clubs.

Homemakers came with hair already shampooed ready to learn how to make pin curls. The idea was to learn to make them on oneself but many of them did each others hair. There was a discussion on styles of hair arrangements best suited to the individuals. Pin curls were made. There was not enough time for the hair to dry. We did not see the hair arrangements that day.

Local leaders repeated the demonstration in their own clubs. The subject matter was presented at two meetings, the regular club meeting and special ones to take care of individual cases. This project continues to be popular with leaders and homemakers. Anything that will help them look better without spending too much money and is sound in principal will always be acceptable to them.

In making reports regarding projects for 1952 ten out of ten clubs reporting mentioned grooming as one of their major accomplishments. It is safe to say that 97% of the membership of homemakers clubs derived some benefit from this project. In fact, they asked for other phases of grooming to be included in the program for 1953.



Elderly Pima County woman makes coat that
she values at \$150.00. Made of poodle cloth.



Suits made of mens' wear. At left, worsted fabric. At right, soft light tweed. Cost of these garments, under \$30.00



Suits made in Pima County



Young Pima homemakers who have followed through Better Dress Project, then tailoring-both learning to sew.

RECREATION AND COMMUNITY LIFE

Pima County Fair

The Pima County Fair has a department called Home Arts. It has grown to a point where it is too much for voluntary help. We have asked homemakers to find someone to head the program of organizing the department and assume the responsibilities of the departments. Homemakers have shown a fine spirit of cooperation to make our Fair a good one. 1952 was no exception.

We have made progress. Mr. Thomas Porter, who for some reason cooperates with us each year, has been instrumental in getting made tables with glass tops and old show cases discarded by one of the leading department stores. All food and small domestic art entries were under glass. All baked foods are wrapped in cellophane to keep them dust free and moist. Exhibitors took their food home after the fair even though it was 4 or 5 days old.

Exhibitors have shown a marked improvement in the quality of their entries. The canned foods, jams, jellies, pickles, etc. represented a higher standard than other years. Competition is good for us all as usual. There was much more exhibited in the 1952 Fair.

Number of exhibitors	347
Number of articles	
Domestic arts	443
Baked goods	257
Candy	52
Frozen foods	82
Canned foods (jars)	167
Jam	41
Jellies	49
Preserves	53
Pickles	39
Soap	8
Soap powders	1

Recreation and Community Life (continued)

Ft. Lowell Homemakers 30th Anniversary Party

The Ft. Lowell Homemakers celebrated their 30th anniversary as a club and celebrated Mrs. Jordan's 85th birthday. It was an interesting meeting. Sixty persons were present. The program consisted of a brief historical sketch of the club dating back to the time when Ft. Lowell was in the country far from Tucson. Mrs. A. S. Bradley checked records in the agent's office and found accounts of their activities centered around the Ft. Lowell school and community church.

The club was made up of forward looking women because the projects selected were hot lunch program for the school, caring for needy families and erecting a community church. Miss Evelyn Bentley, the home demonstration agent, was a welcomed visitor to their meetings. She visited their club each month and helped them develop projects and learn better methods of doing everyday tasks and made improvements in their home surroundings.

Mrs. Jordan received state-wide publicity through the Arizona Farmer and Arizona Daily Star.

Recreation and Community Life (continued)

Family Relationship

Mrs. Lydia A. Lynde visited the southern end of the state and conducted a discussion on personality development and family relationships. It was the first time that Pima County homemakers and leaders had ever participated in such a meeting. A summary of the proceedings is included with this report.

Summary of meeting held in Pima County in Child Development. Mrs. Lydia A. Lynde discussed development problems with parents, L-H leaders and agents - March 6, 1952.

Guide regarding the stages of child development: This guide may be used to help us organize ideas in regard to child development.

Important aim and objectives toward the progress of child development in real life.

1. To develop a sane and healthy personality in our children because as the child goes so does the nation.
2. What we want for our children is an assurance to meet life with comfort.

To achieve these results we must understand how a child's personality develops. To simplify the discussion a person's development is divided into task periods.

1st year - absolute dependence with no capacity to meet life
during this time a mother builds in a human life a feeling of trust
and dependence in others.

Toddler stage - goes from dependence to independence
"me do" - "no" stage

Pre-school - shows initiative and tries out all sorts of things
imitative - wants to be like dad or mother or like the fireman
on the corner

School (early) - takes things seriously
needs real tasks and satisfaction of completing them
begins to see changes in child's conception of things around
him. Fairy tales are not so real during this stage
begins to find a sense of fair play - learns to be willing to
take turns at play or in line
years where work habits are established - brushes teeth, cleans
finger nails, etc.
learns that there could be failure in a person's life
must learn to compete with failure

Early adolescent - period of self-identity, recognizes definite roles in life

Older adolescent - notices and wants companionship of other sex

Young adult - parental sense - desire for children

Adult - integrity
an adult has basic trust, goodness of life and kindness of people
he has acquired a feeling of self-directness and independence

The group concluded that some action can be taken in the home and in the community level to guide and direct the effort of child development.

1. Teach the child that with privileges come responsibility. This is true at home, school and other related activities of youth and community.

2. In the home parents must be in agreement regarding the guidance of the child.
3. Discuss and share experiences as to what makes a person the way he is - (fit the situation to a particular group).
4. Be prepared to welcome mothers with small children to club meetings. Make arrangements to take care of the children.
5. Baby sitters involve problems. Sitters should be screened.
6. Family relationships can and should be discussed at clubs and other group meetings. The discussion should be done directed by competent leaders.
7. Encourage both parents to attend the meetings.

Recreation and Community Life (continued)

Annual Conference

Annual conference 1951 provided some very practical suggestions and ideas for us to incorporate in our work during 1952 and thereafter. The program and speakers were well chosen and gave us timely information regarding world conditions and scientific progress.

The most practical features were the discussions centered around 4-H Club work. It gave us the opportunity to talk things over with the specialists and other agents.

Miss Helen Church's discussion of "Building 4-H Club Demonstrations" is something agents have wanted for a long time or at least this agent has. It is requested we do this again for more advanced demonstrations.

Miss Grace Ryan's new circular regarding 4-H Home Furnishings was well explained and presented to us. It will help increase 4-H club enrollments in the home furnishings field. Adult homemakers could make good use of the practical suggestions for home management.

It is good for us to learn more about new teaching methods in adult education. Mrs. Elsie Morris, Extension Nutritionist, made us realize the value of presenting our subject matter in such a way adults can participate in the program. Her suggestion that we adopt the method which includes "a call to action" in carrying out new ideas in homemaking practices.

The agent enjoyed the talks given by Mr. W. J. Ellison, Standard Oil, for telling us how his company trains young men to meet the public. What he termed "the outside view-point" was the highlight of his talk.

It was a pleasure to attend the conference, more so because of the pleasant surroundings in which it was held, the Student Union Building.

Recreation and Community Life (continued)

Achievement Program

One hundred and sixty homemakers attended the achievement day program held at the Catalina Methodist Church November 21. The program was divided into three parts.

1. Viewing what others had made; thereby getting ideas for Christmas.
2. Judging the 72 cakes followed by lunch.
3. Entertainment and educational features.

Early in the morning homemakers gathered with their wares and set up tables to display them. This reminded me of the market place near Guatemala City where farmers come in and set up their display place early in the morning. Homemakers like to work and create things. A visit to an achievement day in Pima County shows that women make their own clothes, draperies, lamp shades, ceramics and aluminum and copper articles. In addition to these, they embroider, crochet, knit and quilt. Beautiful work representing these arts and crafts were on the tables. Upholstering was in evidence in the form of foot stools and television chairs.

Cake Festival -- Decorating cakes is of great concern to homemakers. They like to show their skill and artistry in their endeavor to have happy, well-fed families. For the second time members of clubs decorated cakes depicting the motif of some special occasion. The first in each category competes for sweepstakes. Judges were again Mr. Wm. Rauh of Wilson Bakery, John Dayton of Arizona Flour Mills and Harvey Tate, horticulturist, of the University of Arizona Extension Service. Mr. Rauh discussed cake decorating with the women after the contest and mentioned that there was marked improvement in the cakes. He saw things he would like to incorporate in his bakery shop and asked permission to do so.

The sweepstakes winner, Mrs. R. A. Hoegner, decorated her sons' birthday cake with a friendly western motif. Four candles stood firm as a background of western fences, toy cowboys and horses. Across the bottom was the phrase "Hi Pardner". The cake was mounted on a tray on which 4 toy cowboys seemed to be on guard. Mrs. Hoegner stated that the decorations were the result of the combined efforts of Mr. Hoegner and her two boys. It was a family affair.

First, second and third prize winners were given functional kitchen equipment.

Lunch -- Each person furnished her own lunch. Two

Recreation and Community Life (continued)

Achievement Program (continued)

clubs were responsible for cookies and coffee. Ft. Lowell and Sunnyside homemakers were hostess clubs.

The recreational features consisted of music, singing and a dialogue. Homemakers furnished their own program. The Stitch & Chatter Club of Flowing Wells were responsible for the program.

Educational feature -- Mr. Harvey Tate showed pictures of flowers characteristic of Southern Arizona and Tucson. He discussed their planting and care and answered many questions concerning soil, lawns, rose bushes and other features of landscaping.

We were confronted with a serious problem with his part of the program. The problem was trying to get a modern building dark enough to show the slides. The projector has not caught up with Southern Arizona's modern buildings. It was necessary for us to seek other quarters to show the pictures. We were a little crowded. This was the second time we were confronted with such a problem. Miss Church tried to show colored slides of suits and coats. We had a hard time simply because we were in a modern well-lighted vocational high school and had a projector requiring darkness.

Presidents gave reports of the extension work done in their own community center. Most often repeated was blanket washing-100%, grooming-80%, ironing shirts-80%, and food for health-90%. The reports were based on how much good was derived from a project according to the number of homemakers finding them beneficial.

Baby sitter -- The Council provided a baby sitter from 11:00 A.M. to 3:00 P.M. This was our first time. It was worth the one dollar an hour. Mothers were free to get the most enjoyment out of the all-day program.

We were happy to have with us Miss Jean Stewart, Mrs. Elsie Morris and Miss Helen Church of the University of Arizona Extension Service. All clubs were represented plus members of the LDS groups.

PROFESSIONAL IMPROVEMENT

Mr. Ken Warner taught the classes in Principles and Techniques in Extension Teaching. This included very valuable information for extension county agents. It is difficult to give a complete account of the course but it would be unfair not to give an account of some of the more important factors included in the course. There were the following thirteen different units of work: objectives of extension, making a plan of work, how people learn, development of extension methods, method demonstration, result demonstration, leading a discussion, training leaders, home visits, talks, meetings, use of specialists, make suggestions for the agents special interest.

Mr. Warner tried to emphasize certain things. For instance, he would impress the class with the idea that "learning is a personal matter". Another one of his pet phrases was "It's not what agents do for people but what they do to people" that really counts.

It is the duty of extension workers to be aware of the important principle that folks learn better when they understand what is being done or taught. No matter who is trying to learn, we all learn against the background of our experience. To start teaching subject matter beyond the experience of any one individual is fatal and brings poor and discouraging results. Effective teaching takes time and patience and requires repetition. When the teacher gets as far as 25% ahead of the learners, they won't or can't follow the teacher. Mr. Warner indicated that communities have "habits" too and that with persistent effort these communities can change from an indifferent attitude to one of enthusiasm.

In the unit regarding Leadership he defined leadership as the activity of helping people work together toward a working goal. It requires participation and contributions by a majority of those concerned.

Mr. Warner has a way of inspiring students to aim at higher professional levels.

Mr. T. T. Martin, who has devoted most of his time to 4-H Club work and how it is carried on in most of the states, gave valuable information regarding its progress and trends. We were given data comparing the work in many sections of the United States.

Professional Improvement (continued)

The psychology of youths at different stages of development made interesting discussion. The class was made up of 71 members. During the three week period each member had the opportunity to contribute to the information regarding club work. We had an opportunity to compare and evaluate.

The four kinds of parents were studied and discussed. How parents make stumbling blocks or stepping stones for their children made interesting discussions.

Mr. Martin organized the class into small "huddle groups". These groups were either given a question to study and discuss or the group got together and presented their own problems. Out of these "huddle groups" problems such as urban club work, junior leadership and use of awards were discussed and later became subjects of term papers for interested members of the class. Miss Virginia Twitty, Maricopa County, was a member of a group whose interest was urban and suburban 4-H Clubs. Statistics show that people are leaving small farms for small towns and cities, yet they want to encourage their young people to remain in 4-H Club work. Several members of the group are now engaged in doing urban club work. The 4-H Club agent for Seattle, Washington, contributed much to our study. When he was asked about projects for boys living in the city his answer included woodwork and the training and care of dogs. One can imagine the attitude of rural agents regarding such a project. His reply to their objections was that one of the major factors in 4-H Club work is the training and opportunity of learning self-discipline that boys receive during the project is what matters and not the dog itself. They were trying to satisfy the needs of the people in Seattle.

Here in Pima County where both rural and suburban clubs exist all this information was interesting and valuable for the agent. There were 4-H Club agents representing Milwaukee, Wisconsin; Decatur, Illinois; and a resort community in Connecticut.

The three weeks included recreation both for our own pleasure and also the type that could be of help to our 4-H Club program. It included square dancing and games. The annual picnic and fish fry were not disappointing but lived up to the advanced billing they receive. The agent was on the committee for serving the fish at the fish fry.

Professional Improvement (continued)

Four men cooked $3/4$ pound of fish for each person attending. 276 persons attended. Recipe: Fry fish (head attached) in hot fat consisting of $1/3$ bacon grease and $2/3$ pure lard. Mr. Warner gave a practical demonstration showing how to eat the fish.

We did not ignore the beautiful scenery and places of interest within the radius of 150 miles of Ft. Collins. We attended the Rodeo in Cheyenne and visited Medicine Bow Mountains, including the city of Larimer. Our next trip to Cheyenne was a visit to the Wyoming Hereford Ranch. The manager was generous with his time and showed the animals and facilities proudly. Like rubbernecking tourists, we visited Estes Park, Colorado Springs and Pike's Peak including all the interesting places in the neighborhood of these two places.

The summer experience provided for work, mainly, and some play, which we enjoyed very much. It was a privilege to be able to attend summer school. The two courses are very worthwhile. The next time I attend summer school, I want to take the courses in evaluation and psychology.